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LOSSES ON ME, SAYS QB

RIDERS' DARIAN DURANT TAKES BLAME FOR TEAM'S WIMPY OFFENCE

PAGE 14

Mayor Michael Fougere addresses the media at city hall after his side won Regina's municipal referendum on wastewater treatment with 57.1 per cent of the 49,013 votes cast. ROSS ROMANIUK/METRO

Regina votes 'no,' says yes to P-3 on wastewater plant

Referendum. Voters side with public-private partnership pushed by Mayor Fougere

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Regina will push ahead with a plan to partly finance a sewage-treatment plant with private-sector financing after city hall convincingly won a referendum on Wednesday over opponents who want the facility completely publicly built and operated.

Mayor Michael Fougere was smiling after the final, unofficial vote tally came in with 27,988 for the "no" side on the referendum's question — whether the city should use a traditional design, bid and build approach for the plant — way up on the 21,025 "yes" responses garnered by the group Regina Water Watch.

"I'm very proud of the results," Fougere told reporters.

Though the "yes" side briefly held the lead following earlier reports from some of the 35 polls, city hall was soon up with a lead that steadily grew.

Most surprising, perhaps, is the total number of ballots cast. Despite indications before the referendum that public interest has been high, only 49,013 votes came in — close to 2,000 fewer than for Regina's municipal election last year.

Fougere, though, suggested that the count represents the public's mood on the best approach to construction, management and operations of the facility, slated to cost about $224 million — with up to $58.5 million of that covered by Ottawa.

"A quarter of the cost of the project is being covered by the federal government," the mayor noted, after stressing during debates last week that the public would save about $79 million through the P-3 model.

"This is a tax issue. It's about keeping our taxes down, stretching our infrastructure dollars," Fougere said. "People understood that and voted very clearly and decisively."

He has no doubt, he added, that the city's controversial expenditure of about $340,000 on an advertising campaign was the right move.

"I'm absolutely proud of what we did. I make no apologies.... We know we're right."

"No" vote

57.1%

The unofficial vote tally came in with 27,988 for the "no" side, way up on the 21,025 "yes" responses.

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NEWS 1

Crews clear oil spilled in CN train derailment

Near Landis, Sask. Transportation Safety Board of Canada says it is sending an investigator to the site

Hazardous-material crews were cleaning up oil spilled from a Canadian National train car that derailed close to a small community in western Saskatchewan early Wednesday.

RCMP said 17 rail cars — some carrying flammable petroleum, ethanol and chemicals — came off the tracks after 4 a.m. within 500 to 700 metres of the village of Landis, west of Saskatoon.

"The spill involved a petroleum product that is not considered highly explosive," Sgt. Grant Rusk said.

"Because of the flammable nature of some of the other rail-car contents, and the proximity to Landis and the school, the decision was made to close the Landis School for the day while the contents of the damaged cars were unloaded."

Quoted

"How much longer are they willing to gamble on unsafe rail cars carrying ever-increasing amounts of oil through our communities?"

Greenpeace Canada spokesman Keith Stewart

No one was injured.

Warren Chandler, a spokesman for CN, said it was not clear how much oil spilled, but that the oil was concentrated along the right-of-way of its transcontinental rail line.

Chandler said some of the cars were on their sides and CN crews were working to clean up the area.

"One of the derailed cars is leaking lube oil," he said from Edmonton.

"CN crews immediately began a process using vacuum trucks to contain and reclaim the leaking product."

The Saskatchewan government said one of the other derailed cars contains ethanol and was on its side, but was not leaking.

Crews work to clear a train derailment in Landis, west of Saskatoon, Wednesday. LIAM RICHARDS/THE CANADIAN PRESS

Premier Brad Wall said most goods shipped by train move safely across Canada and railways are needed.

But he said the spill is another chance to talk about the benefit of pipelines.

"There is a debate though now that's precipitated by Keystone and by (the proposed Northern) Gateway, and maybe by the Energy East pipeline, about what is the safest way to move certain products," Wall said in Regina.

Greenpeace Canada said the derailment was an example of the perils of shipping oil by rail.

THE CANADIAN PRESS

U of R overpaid staff, didn't tell province

U of R president Vianne Timmons and vice-president Thomas Chase on Wednesday. ROSS ROMANIUK/METRO

The University of Regina says it knew a year ago that two employees had been overpaid nearly $380,000, but the school's administration didn't tell the Saskatchewan government or the provincial auditor until this month when the story came out in the media.

University president Vianne Timmons said Wednesday that the faculty of education approved the overtime payments for two IT staff members. It was an effort to keep the workers in a competitive market, she said.

The workers were only authorized to get the overtime for one year.

But they kept claiming unearned overtime and getting it for 11 years until another employee tipped off the administration.

"Payments arrangements like this were not and are not common practice at the University of Regina and steps have been taken to ensure that a situation like this cannot and will not take place at our university again," said Timmons.

The president said the payments were discovered in September 2012 and immediately halted.

There was no need to tell the Ministry of Advanced Education "because we had dealt with it, we felt, to a satisfaction level at the university level through our board ... and the board was confident that we'd put mitigation strategies in and dealt with this," said Timmons.

Advanced Education Minister Rob Norris called the situation "unacceptable."

"I have a number of questions that remain," he said.

"The outstanding questions relate to the recovery of dollars. I've asked Justice to inform me of what options I may have."

One employee got $186,745.30 and the other got $191,067.33 over the 11 years.

For more on this story visit metronews.ca.

THE CANADIAN PRESS

Promotional tour

Wall selling province to Asia

Premier Brad Wall is heading to Asia this week to talk trade and immigration with political leaders and trading partners.

Taking off on Sunday, Wall will spend nine days travelling to Japan and Singapore, as well as to the Philippines where he plans to sign a memorandum of understanding to "make immigration to Saskatchewan easier."

In the past three years, more than 10,000 people have emigrated from the Philippines to Saskatchewan.

Wall will also be a keynote speaker at a meeting of the Association of Southeast Asian Nations in Singapore, and will speak with 11 companies and buyers of Saskatchewan potash.

METRO

North Battleford

Mom blames bullying for son's suicide

A Saskatchewan mother says her 15-year-old son killed himself because of bullying.

Kim Loik found her son's body earlier this month in their home in North Battleford.

The single mom says some students at his high school had been constantly hounding him with insulting Facebook messages and cellphone texts.

She says the taunting had become so bad that she and her son were going to move to Edmonton later this year so he could have a fresh start.

Premier Brad Wall has sent Loik his condolences.

Loik says she wants federal legislation that outlaws cyberbullying across the country.

THE CANADIAN PRESS

RM of Corman Park

Police chief under investigation fired

The police chief of the Rural Municipality of Corman Park, who is under investigation for his conduct, has been fired.

The RM's board of police commissioners says Ron Boechler was sacked after he refused to be interviewed over a complaint about his conduct. CJWW/THE CANADIAN PRESS

Al-Shabab says foreigners were a 'legitimate target'

Kenya attack. Somali Islamic extremist group claims they took 'every possible precaution' to separate Muslims from non-believers

Al-Shabab, the armed Somali Islamic extremist group that attacked a shopping mall in Kenya, said Wednesday that foreigners were a "legitimate target" and confirmed witness accounts that gunmen tried to let Muslims go free while killing or taking the others captive.

In an email exchange Wednesday with The Associated Press, al-Shabab said: "The Mujahideen carried out a meticulous vetting process at the mall and have taken every possible precaution to separate the Muslims from the Kuffar (disbelievers) before carrying out their attack."

According to published accounts, witnesses have said the gunmen rounded up people, asked questions about Islam and told the Muslims to leave the mall.

At least 18 foreigners were killed, including six Britons and citizens from Canada, France, Trinidad, the Netherlands, Australia, Peru, India, Ghana, South Africa and China, when the militants entered the Westgate Mall on Saturday, slaughtering men, women and children with assault rifles and grenades and taking people hostage. The current death toll is 67 and is likely to climb with uncounted bodies remaining in the rubble of the Nairobi mall.

Despite their efforts to spare Muslims, some of those killed were members of the faith. One man, Louis Bawa, whose wife Zahira and daughter Jennah were killed, told a London newspaper that al-Shabab was "using religion as an excuse to kill people."

"Zahira and Jennah were Muslims, but these animals just shot them the same as all of the others," Bawa told The Telegraph.

Mary Italo grieves for her son Thomas Abayo Italo, 33, who was killed in the Westgate Mall attack, as she waits to receive his body at the mortuary in Nairobi, Kenya, Wednesday. Thomas was an accountant and the breadwinner of the family who helped look after Mary, who is sick, according to relatives. Kenyan authorities prepared for the gruesome task of recovering dozens more victims than initially feared after the country's president declared an end Tuesday to the four-day siege of the Nairobi mall by al-Qaida-linked terrorists. BEN CURTIS/THE ASSOCIATED PRESS

Asked if the separation of Muslims from non-Muslims at the outset of the mall attack represented a change in tactics, the group insisted in an email that it "has never deliberately targeted Muslims."

"Our targets have always been disbelievers, invaders and the apostate governments officials/troops who are allied with them," it said.

THE ASSOCIATED PRESS

Pakistan quake survivors struggle for food, shelter

Villagers sit under a tree near the rubble of destroyed homes following an earthquake in the remote district of Awaran, Pakistan, Wednesday. ARSHAD BUTT/THE ASSOCIATED PRESS

Survivors built shelters with sticks and sheets Wednesday, a day after their mud houses were flattened in an earthquake that killed 285 people in southwestern Pakistan.

While waiting for help to reach remote villages, hungry people dug through the rubble to find food. And the country's poorest province struggled with a dearth of medical supplies, hospitals and other aid.

The quake flattened wide swaths of Awaran district, where it was centred, leaving much of the population homeless. Almost all of the 300 mud-brick homes in the village of Dalbadi were destroyed.

Noor Ahmad said he was working when the quake struck and rushed home to find his house levelled and his wife and son dead.

"I'm broken," he said. "I have lost my family."

At least 373 people were also injured, according to a statement from the National Disaster Management Authority, which gave the latest death toll.

Doctors in the village treated some of the injured, but due to a scarcity of medicine and staff, they were mostly seen comforting residents.

The remoteness of the area and the lack of infrastructure hampered relief efforts. Awaran district is one of the poorest in the country's most impoverished province.

Just getting to victims was challenging in a region with almost no roads where many people use four-wheel-drive vehicles and camels to traverse the rough terrain.

"We need more tents, more medicine and more food," said a spokesman for the provincial government, Jan Mohammad Bulaidi.

THE ASSOCIATED PRESS

Created by catastrophe

Alongside the carnage of Pakistan's earthquake came a new creation: a small island of mud, stone and bubbling gas pushed forth from the seabed.

- Experts say the island was formed by the massive movement of the earth during the 7.7-magnitude quake that hit Pakistan's Baluchistan province.

Asiana Flight 214

U.S. investigating whether airline failed to help families after crash

In the first investigation of its kind, federal transportation officials are reviewing whether Asiana Airlines failed to meet legal obligations to help families of passengers after one of its planes crashed in San Francisco International Airport.

Three died and dozens were injured when Asiana Flight 214 crashed on July 6. Under U.S. law, Asiana was required to provide services to family members of the passengers, from the posting of a toll-free information number, to providing transportation and lodging.

THE ASSOCIATED PRESS

Spain

Judge names 22 rail company officials as suspects in crash

The judge investigating a high-speed train crash that killed 79 people in Spain has named 22 rail infrastructure company officials as suspects.

A court statement said Judge Luis Alaez has asked the Adif officials, including the company's three most recent presidents, to come in for questioning as suspects.

The officials also include board members and senior managers in charge of safety on the stretch near Santiago de Compostela where the crash occurred. THE ASSOCIATED PRESS

China

Man gets death for killing child in parking dispute

A Beijing court on Wednesday convicted a man of murder and sentenced him to death for hurling a toddler to the ground in a case that horrified the Chinese public.

The two-year-old girl died in a hospital days after the incident. Her attacker, Han Lei, was caught the following day. The court said Han, 39, was looking for a parking space when he told the mother that her carriage was in his way. It said Han grabbed the girl from her carriage and raised her above his head before throwing her to the ground.

THE ASSOCIATED PRESS

Syria bombshell. Rebels split, call for Islamic law

Nearly a dozen of Syria's powerful rebel factions turned their backs on the West on Wednesday.

They broke with the main opposition group in exile and called for Islamic law in war-torn Syria.

The split deals a severe blow to the Western-backed coalition fighting President Bashar Assad and gives him fuel for his long-stated contention that his regime is battling Islamic extremists.

It's a momentous public rejection of the Turkey-based Syrian National Coalition — the political arm of the Free Syrian Army rebel group — that has long been accused of being a puppet of the West.

A Free Syrian Army fighter holds his son in the Syrian central province of Hama on Wednesday. THE ASSOCIATED PRESS

"If the groups involved stand by this statement, I think this could be a very big deal," said political analyst Aron Lund.

"It basically means that some of the biggest mainstream Islamist forces within the so-called FSA are breaking up with the political leadership appointed for them by the West and Gulf states, to cast their lot with more hardline and anti-Western Islamists."

THE ASSOCIATED PRESS

Toronto link

Ali Mohamed Dirie, a member of the "Toronto 18" terror plot to attack Canadian institutions, has died fighting in Syria, Torstar News Service has confirmed. He was released from prison in 2011.

Water everywhere ... except at home

Dry humour? It's the rainy season and there's flooding in Dakar, Senegal ... but there's no water running from the taps

Would you believe it?

It's the rainy season in Senegal and the capital city, Dakar, is dealing with major flooding.

But …

For nearly two weeks, Dakar residents have bathed in the ocean, dug makeshift wells along the beach and waited in long lines for distribution trucks.

Water is no longer running from the taps.

Officials blame it all on faulty equipment.

The situation is so bad that President Macky Sall decided Wednesday to cut short his visit to the United Nations General Assembly to return and address the problem.

As they waited on Yoff Beach for young men to fill plastic basins with water from wells dug in the sand, residents said Sall had better act fast.

The volunteer operators of the beach wells, made of stones and spare tires, said they were pumping out water for thousands of Dakar residents from 5 a.m. to midnight every day.

"Every day on the radio they say the water will be coming back soon, but the problem still isn't fixed," said 36-year-old Samb Gueye, who brought 10 water basins to the beach so her family would be able to cook, clean and bathe.

"I don't know what we'll do if this continues."

THE ASSOCIATED PRESS

Thirsty work: Residents carry home basins of water collected from beach wells in Dakar, Senegal, Wednesday. REBECCA BLACKWELL/THE ASSOCIATED PRESS

Outrage. Top French minister won't retract 'Roma go home' outburst

France's treatment of thousands of Roma migrants who have been expelled to Eastern Europe came under new scrutiny Wednesday after an explosive statement from France's top security official.

French Interior Minister Manuel Valls provoked outrage Tuesday by saying the Roma migrants had a "duty to return to their homeland."

And despite a wave of criticism, he refused to back down Wednesday.

Valls said the Roma had failed to integrate and France had no responsibility to them.

"We don't have the obligation to welcome these populations, we need to say it clearly and calmly," he said.

"It is not about stigmatizing a population, but facing the truth."

John Dalhuisen, Amnesty's Europe and Central Asia program director, offered a different interpretation.

"The Roma have a duty to live in misery. That's how the comments of the interior minister should be translated," Dalhuisen said.

Many French blame the Roma for a rise in petty crime and an influx of street beggars.

In Paris, crime rings involving children have been broken up, and subway announcements warn every few minutes against pickpockets.

THE ASSOCIATED PRESS

The wanderers

Roma started arriving in Europe from India in the 14th century. There are an estimated eight million in Europe, with the largest population in Romania.

Quoted

"The French minister is discriminating against an ethnic group. It is a breach of the right to free circulation and a breach of other human rights."

Marian Mandache, director of the rights group Romani Criss, speaking in Romania.

A washout, Olympic-style

It's been a week for umbrellas in Sochi, Russia — the host city for the 2014 Winter Olympics. Heavy rain sparked floods and mudslides and prompted authorities to introduce a state of emergency. About 1,800 emergency personnel got to work pumping out water and cleaning up the streets. SERGEI GRITS/THE ASSOCIATED PRESS

Pakistan strike

Church attack heralds arrival of new threat

A Sunni militant group known for targeting rival Muslims has emerged as a dangerous new player in Pakistan. It sent a pair of suicide bombers this week to detonate themselves inside a church. Eighty-five worshippers died.

The group, Jundallah, said it targeted Christians to avenge the deaths of Muslims killed by U.S. drone strikes — painted as part of a "Christian campaign" against Islam.

THE ASSOCIATED PRESS

Hold the front page. Security forces shutter Muslim newspaper office

Egyptian security forces on Wednesday shuttered the office of the newspaper of the Muslim Brotherhood's political party.

They confiscated furniture and documents, journalists from the Freedom and Justice daily said.

The journalists appealed to Egypt's press syndicate to take action against the closure in Cairo's Manial district, where the office is now sealed.

The closure comes two days after a court ordered the group outlawed and its assets seized.

Egypt's interim government, however, said Tuesday that it would not ban the group until the ruling is upheld by a higher tribunal.

Islam Tawfiq, an editor with the Freedom and Justice daily and a member of the Brotherhood, said the newspaper will continue to be published, and its edition for Thursday is ready for print.

He said the newspaper staff had evacuated the office in June, days before mass protests against Islamist President Mohammed Morsi, under threat of attack.

The staff has been working elsewhere, he said, and only furniture, electrical appliances, and some documents were confiscated from the office.

An order to ban the publication was issued a day after Morsi was ousted on July 4, he said.

The state-owned Al-Ahram printers continued to publish the paper on condition it reduce its pages by half and reduce circulation down to 10,000 from 100,000.

THE ASSOCIATED PRESS

Crackdown

The shuttering of the newspaper appears to be part of an extensive crackdown on the Muslim Brotherhood since the ousting of President Mohammed Morsi after millions took to the street demanding his resignation.

- **Fade to black.** The Brotherhood's TV channel, Misr25, has been off the air and banned by a court order.

THE SWEET SUCCESS OF WEIGHT LOSS

When it comes to weight control, experts are increasingly putting the spotlight on sugar.

"In fact, mounting evidence points to controlling blood sugar as the key to successful weight loss" says Brenda Watson, naturopathic doctor and best-selling author.

Your blood sugar level is the amount of glucose from the food you eat that is circulating in your bloodstream. It provides energy or is stored for future use. All carbohydrates you eat, with the exception of fibre, are broken down by the body into glucose.

The body only requires 10 teaspoons of sugar per day to perform all its functions, but the average Canadian daily consumption is 26 teaspoons. This is no surprise when you consider that a half-cup of vanilla ice cream contains five teaspoons of sugar while one cup of cooked pasta contains eight.

For weight loss, Watson recommends a daily sugar consumption limit of six to eight teaspoons from all foods. Your body will draw on fat stores for any extra energy it requires and that will lead to weight loss. There are lots of low sugar food options such as lean protein, healthy fats, and virtually all vegetables.

There are also scientifically-proven weight loss products that help balance blood sugar, Watson says. For example, green coffee bean extract gained notoriety when it was featured on Dr. Oz's TV show.

"While I don't believe you can buy weight loss in a bottle, there are certainly products that can help. Green coffee bean is one of them, but I am really excited about a new ingredient called Fraxipure, which is a natural extract from European ash seed. It decreases blood sugar levels, increases fat burning and protects the liver. I recommend Simply Trim because it is the only product to combine green coffee bean extract with this fat-blasting Fraxipure.

"The bottom line — if you balance your blood sugar you will lose weight. How sweet is that?"

HOW MUCH SUGAR IS IN YOUR DIET?

Here is an easy equation for calculating how much sugar is in the food you eat. Nutrition Facts tables on packaged products provide carbohydrate and fibre amounts.

(CARBOHYDRATE GRAMS – FIBRE GRAMS) ÷ 5 = # OF TEASPOONS OF SUGAR

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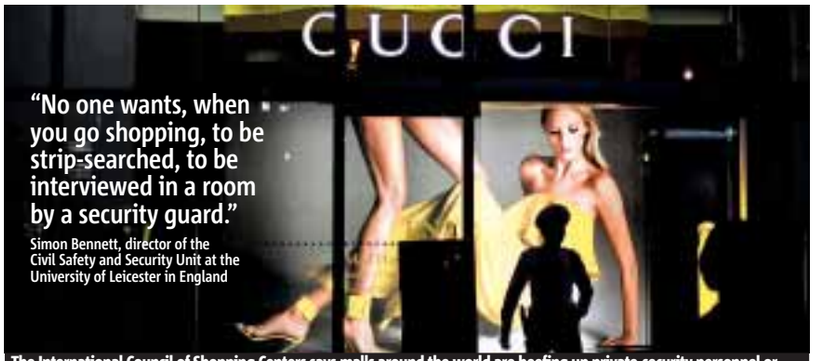

CUCCI
"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard."
Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England

The International Council of Shopping Centers says malls around the world are beefing up private-security personnel or bringing in more off-duty police officers after last weekend's attack on an upscale mall in Nairobi. GETTY IMAGES FILE

Nairobi attack increases scrutiny of mall security

Retail. Industry worries that increasing measures to keep shoppers safe will just scare them away

Some malls around the world have been scrambling to add security guards to look for suspicious people following a deadly attack on a shopping centre in Nairobi over the weekend. But for other malls, it's been business as usual.

The mixed reactions by malls across the globe isn't unusual in an industry whose security efforts vary from unarmed guards in most shopping centres in the U.S. to metal detectors and bag searches in places like Israel to main entrances that resemble airport security lines in India.

The disparity offers an insight into why any moves following the Nairobi incident to increase mall security in countries that have less strict procedures aren't likely to last: The industry continues to struggle with how to keep shoppers safe without scaring them away.

Security concerns come after al-Shabab militants, wielding grenades, took control of Westgate mall in Nairobi, Kenya. THE ASSOCIATED PRESS

$11M claim. Ousted CEO of AlarmForce files suit

The recently ousted CEO of AlarmForce Industries has filed a wrongful-dismissal lawsuit against the home-security firm he founded 25 years ago.

Joel Matlin, who was at the company's helm since its inception in 1988 and often the voice and face of AlarmForce in ad campaigns, claims he was dismissed without cause or notice, which goes against the terms of his contract. He's also asking for punitive and aggravated damages because of the way the firing was handled.

"The bad-faith manner of termination above has caused Joel to suffer additional mental distress, damage to his reputation and aggravated damages beyond his contractual damages for wrongful dismissal," the statement of claim says.

The $11.3-million claim includes $1.3 million for wrongful dismissal and $10 million in damages.

None of the allegations in Matlin's suit have been proven in court and may be challenged by the company. AlarmForce was not immediately available for comment. THE CANADIAN PRESS

Offline. 1 in 7 don't use the Internet, survey finds

The Internet has become so entwined in Americans' lives that many might have trouble coping without it. But a new survey found that some 15 per cent of Americans — about one in seven — don't use the Internet at all. Most of them prefer it that way.

The study released Wednesday by the Pew Research Center's Internet and American Life Project found that of the people who don't go online, only eight per cent want to. The rest said they are not interested. Nearly everyone who goes online has broadband access, the report found. THE ASSOCIATED PRESS

Technology

Waterloo hub asked to join Google network

A technology business in Waterloo, Ont., has been selected to join Google's Tech Hub Network. Communitech, a hub that provides support to local startups and tech companies, says it has been chosen to receive both financial and technology support from the search-engine giant. THE CANADIAN PRESS

Market Minute

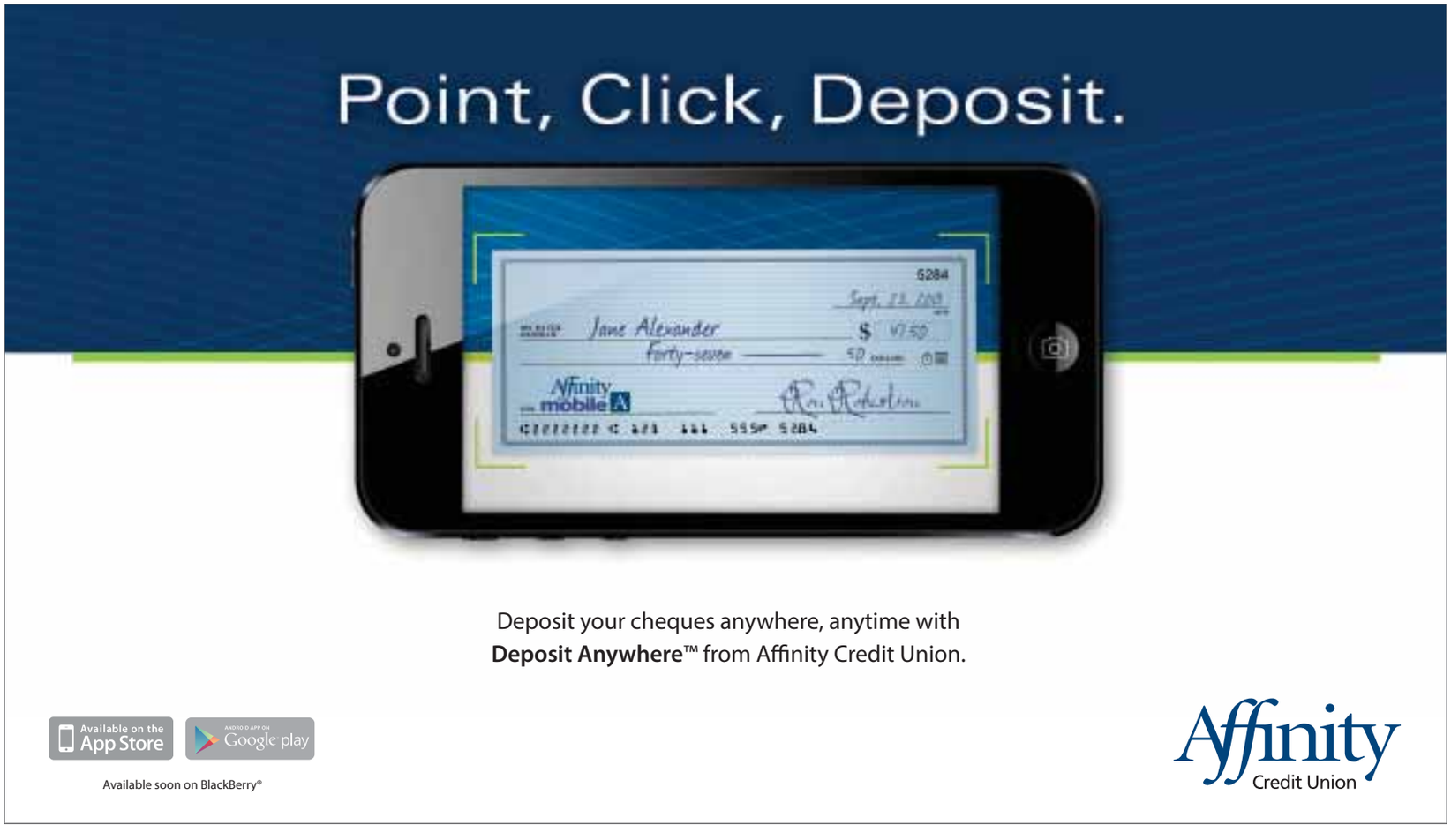
DOLLAR 96.96¢ (-0.11¢)

TSX 12,836.71 (-12.18)

OIL $102.66 US (-47¢)

GOLD $1,336 US (+$19.90)

Natural gas: $3.50 US (+1¢)
Dow Jones: 15,273.26 (-61.33)



A CURE FOR YOUR GOOGLE-EYES

HE SAYS

John Mazerolle
metronews.ca

Are you infatuated? Obsessed over another? Stuck on that powerful drug that is both more and less than love? If you're not sure, check for these key signs:

• Your special someone jumps to mind during songs on the radio, including jingles for toilet cleaner. ("He makes me flushed, too!")

• Something as simple as a Coke bottle reminds you of her. (Or a Coke can; we're body-positive here.)

• They're the last thing you see when you fall asleep and the first thing you see when you wake up, because you're camped outside their window.

One item on this list might be OK, even healthy, but if you do all three then you're probably infatuated.

I'm a longtime expert. Even in Grade 3, I would tell my camp counsellor that I had a crush on her, then coyly explain that I only meant Orange Crush, while making moon eyes at her. (Keeping with the pop theme, I turned a shade of Cream Soda.)

But now, 200 years later, I've realized that infatuation is for kids. It's fun, but so is running around with my arms out making airplane noises. Just because I used to do it doesn't mean I still can, no matter how fun it was.

I had a date last week that went pretty well, but then I got an endorphin rush going, propping me up, up, up ... and had to stop myself on the way to Cloud 9 before I spiralled right out of control. It was a close call, but my survival means I can share these tips:

What's love got to do, got to do with it?: Dealing with infatuation

• Determine whether it's love, infatuation or lust. If it's love, you'll be in love. If it's infatuation, you'll Google advice on whether it's infatuation or love. If you can't tell if you have lust, I can't help you. See a doctor.

• Don't try to "accidentally" meet them. Though meet-cutes are a Hollywood staple, in real life, showing up unannounced at a construction site, airplane cockpit or reactor core is often more trouble than it's worth. If you must, send a Facebook wall message and ask if they're aware of any federal laws and statutes surrounding trespassing at their workplace. Finish with a winky face!

• Remember a good relationship is a partnership. E.g. If you know the names of the children you're going to have with your new acquaintance/future spouse, then write a list and allow them to choose from several of your ideas. Watch their eyes widen as they come to appreciate what they've found in you.

• Bonus tip for infatuees: Occasionally somebody will be infatuated with you! If that happens, the other person may be very vulnerable and easy to manipulate. That's when you pounce — for a better world. Bite your bottom lip and whisper, "What I'd love is a man/woman who will lobby city hall for a curbside recycling program," or "It'd be so hot to see you and all your friends donate blood."

And those are my tips, gentle readers. I hope you found them helpful. If you need anything else from me, remember I'll be right here — on Cloud 5.

ZOOM

The veiled, unveiled in photos

LYNSEY ADDARIO/NATIONAL GEOGRAPHIC

125 years marked with iconic images from mag's archives

National Geographic is celebrating its 125th anniversary with a special photography edition that features the most iconic images from the magazine's history. Pictured is a scene from Afghanistan in 2010: Pregnant Noor Nisa, 18, and her mother wait to be driven to hospital, where Noor would give birth to a baby girl.

The issue features National Geographic's most famous photo — the piercing green eyes of Sharbat Gula, a 13-year-old Afghan girl in Pakistan's Nasir Bagh refugee camp, pictured on the right — which appeared on the magazine's June 1985 cover.

The girl's identity was unknown for 17 years until she was tracked down in 2002. The image was originally placed in the reject pile before being rescued.

METRO

Sharbat Gula NATIONAL GEOGRAPHIC

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I know how it is. You got home last week with your shiny new copy of GTA V, only to power through it at a tragically swift clip — unable to keep your enthusiasm in check. Well, luckily a lack of gaming self-control is one of the many things your smartphone can paper over for you.

CONTRIBUTED

Puzzle & Dragons:

The kids in Japan are losing their minds over this fantasy puzzler, and for good reason. The mechanics are much deeper than anything most match-three games have ever dreamed up and you get to collect monsters. Sold! Well, not sold, actually. It's free. (iOS, Android/Free)

Heroes of Loot:

An old-school roguelike dungeon crawler that sends you into the depths to wipe out an unending onslaught of monsters. Like most roguelikes, there's no real endgame to conquer except securing some real estate near the top of global leaderboards. (iOS, Android/$1.99)

Slender Rising:

The spooky Slender Man series is the star of countless Watch My Roommate Get Scared YouTube videos, but if you've never tried one of the games, this is the best place to start. Work your way through creepy forests and playgrounds, piecing together the story behind the titular character. Of course, you're being stalked by him the entire time and if he snares you, you're going to lose. (iOS/$2.99)

Twitter

@metropicks asked: One four-legged friend helped his owner curb a crack habit. How does your pet help you improve?

@Cazzy: Teaches me how to clean up for when I have kids.

@Idanielledoiron: My alarm didn't go off this morning. My cat woke me screaming just in time for me to get to work. Thanks puss!

@Canucklehead_ca: My cat. She teaches me humility and how utterly insignificant I truly am.

@adrienne_kenny: My puppy has taught me to smile and appreciate the little things in life.

@gixxerrider105: after a bad break up my dog forced me to stay motivated. I was really depressed and he kept me going.

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The other Song of the Summer

Indigo Joseph.
Bilingual indie poppers won distinction for their single Others

BACKSTAGE PASS
Alyssa McDonald
alyssa.mcdonald@metronews.ca

Indigo Joseph is taking its high-energy indie rock beyond its prairie base with an upcoming east-coast tour.

Although the four-piece Regina-based band has had two previous major tours, they are stepping it up by visiting both coasts in less than a year.

"We've never played anywhere east of Toronto before so we are excited to have dates in Moncton, Halifax and Montreal," said drummer Eric Tessier, adding that their last tour took them west to Vancouver and back with stops along the way.

On this latest tour they will be making a stop in Quebec — a first for the band whose two writers, Etienne Fletcher and Byrun Boutin-Maloney, speak French as a first language.

"We play bilingually so I think it will be fun for us to take the French set out to Quebec and get a chance to play for them," said Tessier. "Kind of test it out there."

The band, which also includes Sean McCannell, is coming off a big summer of playing music festivals, winning Queen City Rocks battle of the bands and beating more than 150 other songs from across the country to have their single Others win CBC Music's Song of the Summer contest.

"We were able to find, really, that magical, raw style recording where it is really solid live takes," Tessier said about the single, which is currently No. 6 on CBC Radio 3's top 30 chart.

"It's almost like we have come full circle in that philosophy of making music where we started there by accident … and very happy with the newest single and where that has put us."

Tessier says they used connections made through the CBC summer contest to join up with bands like Toronto-based Fast Romantics and Air Marshal Landing for their upcoming tour. "It's the first opportunity for us to start to meet the different artists that are doing the same thing as us from across the nation. You see them on the chart and line up a gig," said Tessier. "It's fun to see how contests and different opportunities through radio will lead to new connections and a new direction for the group."

On the road

Indigo Joseph's last hurrah will be at O'Hanlon's Irish Pub on Friday night and they will be stopping by the North Centre Family Centre on Saturday afternoon for Saskatchewan Culture Days before hitting up Calgary's BreakOut West Showcase on Oct. 4.

- From there, they will travel to Ontario, playing shows in Windsor, Toronto, Montreal and Nova Scotia before looping back to the GTA.
- "Its almost like life slows a bit on tour and it simplifies a little bit too," said Tessier. "You know why you are there."

Four-piece indie rock group Indigo Joseph will play O'Hanlon's on Friday night before heading out east for their fall tour. COURTESY CHRIS GRAHAM

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Could it be?! Drake and Chris Brown patch things up

MELINDA TAUB
Metro World News in NYC

Make new friends, but keep the old. One is silver and the other beat up a lady one time. Chris Brown and Drake have squashed their beef and they may even become pals, according to Page Six. The pair apparently met up at the iHeartRadio Music Festival in Las Vegas this weekend, which Drake and his crew attended specifically to catch Brown's performance. "Drake came on Friday with his whole crew, and watched Chris' entire set," a source said. The happy reunion continued after the show: "They were backstage hugging and drinking," another source reports. Apparently, the meeting went so well that the pair are talking about collaboration on tracks, even though no one should ever want to be friends with Chris Brown or work with him or talk to him, so he eventually has to become a garbage man and live in the dump. Hopefully Drake is just pretending to be Chris's friend so it'll sting even more when he has to become a garbage man. Brown recently took time off from drinking fruity cocktails and hitting the beach in Hawaii to tag a wall with epithets like "F— police" alongside what is apparently a shout-out to the Bloods. Brown, he of sound life choices, signed his illegal street art with the words "Fruits Piru," which people who know more about the intricacies of urban gang life than we do speculate is a reference to the Fruit Town Piru gang, a subset of the scary-as-hell L.A. gang.

Zac Efron. ALL PHOTOS GETTY IMAGES

Rehab was inevitable after troubled Efron started 2013 'like a junkie'

A new report in the National Enquirer details how Zac Efron kicked off 2013 — with troubling behaviour that likely led to his rehab stint in the spring. An anonymous source recounts watching the 25-year-old star pass out after a night of abusing prescription painkiller Oxycodone as well as alcohol, marijuana and Adderall at New York's Thompson Hotel on Jan. 3. "I was scared for him," the source says. "He was like a junkie. He wanted the drugs so bad. He went through a lot of pills even though it was clear he was entering a danger zone. My worst fear was that he had died from an overdose."

Bynes' lawyer wants her hitting-cop-car case held in mental health court

Amanda Bynes was set for a court appearance this week stemming from her 2012 arrest for hitting a police car with her rented BMW, but Bynes' lawyer wouldn't let her near the courthouse. Attorney Richard Hutton claims that Bynes doesn't currently have the mental capacity to fully comprehend the legal proceedings, asking the judge to refer the case to the mental health court, according to E! News. "The mental health court will examine Bynes and determine her competency to stand trial," he says. Bynes is currently at the UCLA Medical Center, and a hearing is set for next week to determine if her parents' temporary conservatorship should be made permanent.

Amanda Bynes

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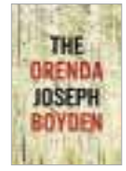

1. THE ORENDA Joseph Boyden
Giller Prize winner Joseph Boyden returns with a visceral portrait of life at a crossroads in his masterpiece of Canadian historical fiction, *The Orenda*.
Last Week: 4 / Weeks on List: 3

2. THE LONGEST RIDE Nicholas Sparks
Ira and Ruth. Sophia and Luke. Two couples who have little in common, and who are separated by years and experience. Yet, their lives converge with unexpected poignancy in Nicholas Sparks's new novel, *The Longest Ride*.
Last Week: 16 / Weeks on List: 2

This Week		Last Week	Weeks on List
3.	MADDADDAM Margaret Atwood	3	5
4.	THE SILENT WIFE A.S.A. Harrison	1	5
5.	A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett	2	4
6.	NEVER GO BACK Lee Child	5	4
7.	STEVE JOBS Walter Isaacson	11	3
8.	THANKLESS IN DEATH J.D. Robb	20	2
9.	W IS FOR WASTED Sue Grafton	5	2
10.	INFERNO Dan Brown	20	5
11.	THE CASUAL VACANCY J.K. Rowling	10	3
12.	WINTER OF THE WORLD Ken Follett	8	5
13.	GRAIN BRAIN David Perlmutter	15	2
14.	STILL FOOLIN' EM Billy Crystal	14	3
15.	TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean	18	2
16.	THE END OF GROWTH Jeff Rubin	13	4
17.	THE WITNESS WORE RED Rebecca Musser	17	3
18.	LOOPTAIL Bruce Poon Tip	19	2
★ 19.	KILLING JESUS Bill O'Reilly	-	1
★ 20.	DR. SLEEP Stephen King	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 30th
★ New this week

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You can always rely on Milan for two things: exuding luxury, and being fashion month's halfway mark. The latter means we can move from tentative to confident in our breakdown of the trends for SS14. Despite the markedly different scenes across New York, London and Italy, discernible similarities have already emerged, so take note.

KIT GILBERT
Metro World News

5 things Milan told us about la mode

Skin is in

If there's one thing Milan has over every other fashion capital, it's sex. It returned this season in the form of super sheer garments, peek-a-boo cut outs, belly-grazing necklines and hemlines your mother wouldn't approve of.

Gucci

'90s minimalism reigns

Will the '90s ever get old? It appears not, as the era's minimalist esthetic is going nowhere. With everyone apparently singing from the same Calvin Klein sheet, it's slip dresses and spaghetti straps galore — with a strict colour palette of neutral shades.

Max Mara

The shirt dress is a bona-fide thing

Whoever first decided to wear her boyfriend's shirt as a dress must have been an audacious woman. Thankfully, we're no longer going to have to tug at those tails to stay decent, as the shirtdress is now a thing. It's popped up all over the fashion circuit and it's made its way to Milan via No. 21 and Tod's where floral, spangled embellishments and eyelets send this idea into more wearable territory.

The graphic print party is still happening

No one quite owns the idea of print mixing like Prada and Marni, both of which showed stellar graphics that were as much about texture and colour as they were about print. The new designer, Stella Jean and Emilio Pucci, meanwhile, took the more traditional ethnic route, referencing African prints.

We've got tiers in our eyes

Things that have tiers include wedding cakes and football stadiums. Now you can add clothes to the list, as Simone Rocha, Meadham Kirchhoff and Hérve Léger all added layer upon layer to their creations. And we're not talking ruffles either — these are hard-edged, angular strips of fabric. Our Milan favourite in this department is Fendi, which showed ombré cascades.

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A living room couched in style

A four-part series to help you get one of the most important spaces in the home looking great.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-week series, I'll serve up decor tips to get your living room looking fabulous in time for the holidays. Today I tackle the largest furniture piece in the room: the sofa.

Size

For those living in smaller homes, the challenge is to find the right sofa that fits seamlessly without taking over the space. Luckily, there's an easy way to measure the size of sofa your room can comfortably hold: Measure the width of your room — your sofa should be 2/3 of that measurement. For instance, if your room is 10 feet wide, the sofa length should be about six feet by six inches. This allows the sofa to fit nicely on the smaller wall or helps to divide a long room and still allow space on each end for side tables. By fitting the sofa to the shorter wall, you are guaranteed it fits on the longer wall as well.

Style

The style of sofa reflects many things; whether you like a modern or traditional decor, the comfort level you require and the colour of covering desired. A sofa with a rounded arm, skirted bottom and light-to-medium neutral fabric will look best in a traditional setting while a square-armed, exposed wood (or metal) leg and a very light or very dark covering will imply a modern feel. If you fall asleep watching TV on your sofa every night, then choose one with lower and deeper seating for ultimate comfort. If you use your sofa strictly for entertaining, then a higher seat and less depth is recommended in order to sit upright. As for coverings, there are many to choose from. A plain, neutral covering will add longevity to the look of your sofa. The covering choice (everything from linen to leather) is all about the durability you might require. A warm neutral colour works best in traditional settings and cooler tones in modern.

Is your living room in need of a facelift? CONTRIBUTED

What's in a name?

I call it a sofa, my parents call it a couch and my grandma called it a chesterfield. What do they all mean?

- **Sofa.** A long and comfortable piece of furniture on which a person can sit or lie down. From the Arabic word suffah.
- **Chesterfield.** See couch. A Canadian/English name for couch.
- **Couch.** A long upholstered piece of furniture designed for several sitters.

Cost

Consider the budget for decorating your living room; a sofa should eat up about 20 per cent of the budget. If you have not budgeted for your room's decor, then another way is to consider how long you will want your sofa; each year should cost about $250. For instance, if you plan on keeping a sofa for only three to five years then an $800 to 1,200 cost would be suitable. If you want it to last for 10 to 15 years then pay around $2,500 to $4,000. The fabric is the first thing that will get worn out, followed by the internal support/springs. These are the two things you should investigate and ask about; especially when purchasing a sofa you want to keep long term.

Next week: Part two: Choosing tables and lighting.

A traditional sofa with rounded arms, skirted bottom and upright seating. Chandler Sofa, from $3,100, ethanallen.ca. CONTRIBUTED

Low, deep seating with square edges and exposed metal legs make this sofa perfect for a casual, modern living room. Mondrian Sofa, $1,100, Urban Barn, urbanbarn.com. CONTRIBUTED

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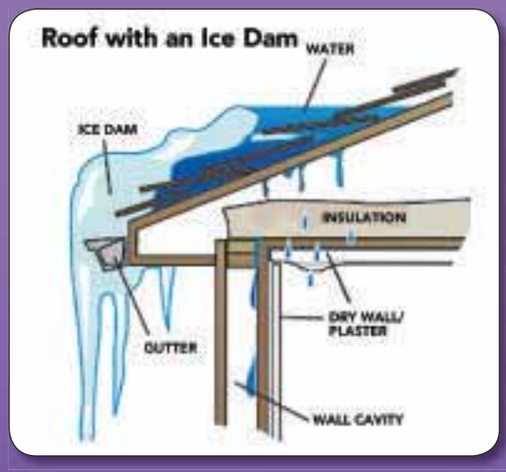

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. Right now the Government is offering grants to homeowners who want to protect their homes by reinforcing their existing attic insulation. There is no better time to protect your home.

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Turning one person's trash into your unique treasure

Flea market finds. Shabby Chic author shares her tips and tricks for searching for that special something to add to your home

There are plenty of treasures to be found at a flea market — if you know when and where to look. ISTOCK

Even though it's been 15 years since Rachel Ashwell's Shabby Chic: Treasure Hunting & Decorating Guide was released, the queen of thrifting still sees people walking around flea markets with the classic tome in hand.

"It's become a little bit of a flea market bible," she admits.

Well, navigating those antique-filled aisles just got a bit easier as HarperCollins recently re-released the book in paperback.

To further help your scavenging adventures, we checked in with Ashwell for tips on scoring the best trinkets and treasures.

Early bird gets the worm

"Start early. Be there the minute the market is open, if not before. You gotta find those treasures and if you snooze, you lose."

Have a game plan

"When I go clothes shopping I get overwhelmed if I don't have my shopping list and end up coming back with nothing. If you're a specific shopper, then have items in mind."

Measure beforehand

"Know the size of a table or cabinet you're looking for, and not just the size of where it's going live, but how it's going to get there. There's nothing worse than measuring for a beautiful, big cabinet but it has to go through a teeny hallway."

Note the vendor's location

"If you buy something and want to pick it up later, make sure you write down where you're going to pick it up from, because, at the end of the day, all those aisles look the same. And write down a phone number!"

When to negotiate

"Before I even look at a tag, I ask myself, 'What's the most I'll pay for that mirror?' So I already know where the price needs to be. If it's higher than that price, I'll ask respectfully, 'I'm sure it's worth that, but for my purpose I can only pay $50. I don't want to insult you, but I'd love to buy it for that. If not, no hard feelings.'"

Don't go crazy with tchotchkes

Make sure your trinkets are both beautiful and functional.

"I can't bear curiosity cabinets that are just filled with pretty things that are never going to get used."

A little paint does wonders

"I like to find things that have authentic paint on them. I love the original patina. But obviously, if you go to garage sales, you can find these huge tables or cabinets that cost nothing because they're an awful dark mahogany. Paint can really go a long way with bringing something back to life."

METRO

Rachel Ashwell CONTRIBUTED

Shopping tips

Scour flea markets for these great items:

- Wall mirrors
- Lamps, chandeliers
- Cabinetry
- Mixed-matched China
- Candlesticks

Shrimp, Cherry Tomato and Goat Cheese Bake: Layers of flavours

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

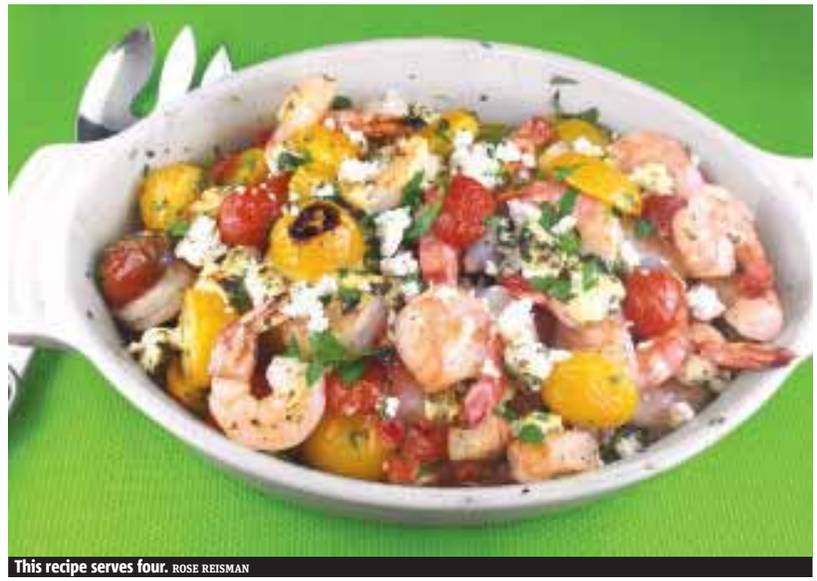
If you're looking for a quick and delicious one pot meal this hits home.

The shrimp compliments the delicate sweet tomatoes and creamy goat cheese. Serve the dish with a side of green salad.

You can prepare the entire dish earlier in the day and bake at 400 F for five to eight minutes. It's also great at room temperature.

Ingredients

- 1 1/2 lb peeled and deveined shrimp
- 3 cups of cherry tomatoes sliced in half
- 1/4 cup chopped cilantro or parsley
- 1 1/2 tsp crushed fresh garlic
- 1 tsp dried basil
- 1 tsp minced jalapeño peppers
- pinch salt and freshly ground black pepper
- 1/2 cup crumbled goat cheese
- 1 tbsp olive oil
- 2 tsp freshly squeezed lemon juice
- 2 tbsp chopped cilantro or basil



This recipe serves four. ROSE REISMAN

1. Preheat the oven to broil and spray an 8-inch baking dish with cooking oil. Preheat a non-stick grill pan or barbecue to medium-high.

2. Grill shrimp for approximately 4 minutes, turning halfway through the cooking time. Do not overcook. Place in the prepared baking dish.

3. Combine the tomatoes, cilantro, garlic, dried basil, jalapeño pepper, salt and pepper. Mix well and pour over the shrimp. Sprinkle with the goat cheese. Broil for 2 minutes or just until browned. Remove from the oven.

4. Combine the oil and lemon juice and drizzle over the top. Garnish with the cilantro and serve.

For your phone

People CelebFood (iPhone - Free/ Android - $0.99 subscription)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

From Sheryl Crow's Chicken Tacos and Matt Damon's Beef Satay Skewers to Kate Middleton's Sticky Toffee Pudding and Richard Gere's Cinnamon Rolls, People's step-by-step cookbook offers favourite recipes shared by celebrities.

App. Thai Shrimp Cakes & Avocado-Mango Salsa

1. Salsa: In bowl, combine avocado, mango, cilantro, rice vinegar, sesame oil and soy sauce; set aside.

2. In food processor, coarsely chop shrimp, pulsing 6 times. Add egg, red pepper, ginger, green onion, garlic, fish sauce and sriracha sauce; pulse 3 or 4 times, just to incorporate.

3. In stick-resistant skillet, heat some oil over medium heat. Using two spoons, mound cakes, using 2 tablespoonfuls (30 ml) per piece into pan, using back of spoon to flatten each to 1/2-inch (1 cm) rounds. In batches, fry shrimp cakes, turning once, until firm and pink, about 5 minutes. Transfer to paper towel-lined tray. Wipe out pan and repeat with more oil and shrimp cake mixture until all cakes are cooked.

4. Transfer to rack-lined tray and keep warm in 200 F (100 C) oven while cooking remaining cakes. Serve topped with Avocado-Mango Salsa.

MISSAVACADO.CA

Ingredients

Avocado-Mango Salsa

- 2 firm-ripe Mexican avocados, halved, pitted, peeled and diced
- 1 1/2 cups (375 ml) finely diced fresh ripe mango
- 1/4 cup (60 ml) chopped fresh cilantro
- 2 tbsp (30 ml) rice vinegar
- 4 tsp (20 ml) sesame oil
- 1 tsp (5 ml) soy sauce

- 2 lb (1 kg) raw shrimp, peeled and deveined
- 1 egg
- 2/3 cup (150 ml) minced sweet red pepper
- 2 tbsp (30 ml) minced ginger
- 2 each green onions and cloves garlic, minced
- 1 1/2 tbsp (22 ml) fish sauce
- 1 tsp (5 ml) sriracha sauce
- 1/3 cup (75 ml) vegetable oil

Cajun-inspired Down Home Shrimp packs a hint of heat

1. In bowl, combine shrimp, lemon juice and cayenne. Stir, cover and refrigerate until ready to use.

Ingredients

- 500 g (1 lb) shrimp, peeled and deveined, shells reserved
- 30 ml (2 tbsp) lemon juice
- 1 ml (1/4 tsp) cayenne pepper
- 250 ml (1 cup) dry white wine
- 250 ml (1 cup) water
- 30 ml (2 tbsp) extra-virgin olive oil
- 1 onion, finely chopped
- 2 stalks celery, peeled and diced
- 5 ml (1 tsp) cracked black peppercorns
- 2 ml (1/2 tsp) sea salt
- 2 ml (1/2 tsp) dried thyme
- 2 bay leaves
- 1 can (398 ml/14 oz) diced tomatoes with juice
- 500 ml (2 cups) thinly sliced young okra pods
- 250 ml (1 cup) corn kernels
- 1 red bell pepper, seeded and diced
- 30 ml (2 tbsp) clarified butter
- 2 cloves garlic, minced

2. Shrimp stock: Combine shrimp shells, wine and water in saucepan. Bring to boil, reduce heat; simmer 15 minutes. Strain, pushing shells against sieve to extract as much flavour as possible. Measure 250 ml (1 cup); set aside. Freeze excess.

3. In skillet, heat oil over medium heat. Add onion and celery and cook, stirring, until softened, 5 minutes. Add peppercorns, salt, thyme and bay leaves and cook, stirring, 1 minute. Add tomatoes with juice and bring to a boil.

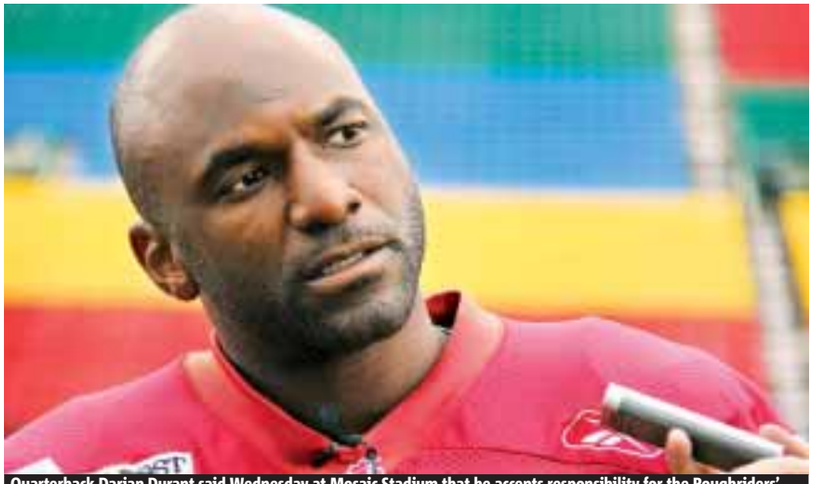
4. Transfer to slow cooker stoneware. Stir in shrimp stock. Cover and cook on low for 6 hours or on high for 3 hours. Stir in okra, corn and bell pepper. Cover and cook on high for 20 minutes, until okra is tender. Remove and discard bay leaves.

5. When you are ready to serve, heat 15 ml (1 tbsp) of the clarified butter in a small skillet over medium heat. Add garlic and cook, stirring, for 1 minute. Increase heat to medium-high. Using a slotted spoon, immediately add reserved shrimp, in batches, and cook, stirring, until they turn pink, adding remaining butter as necessary. Transfer to slow cooker as completed. Add marinade juices to pan and cook, stirring, for 1 minute. Add to slow cooker, stir well and serve. **THE CANADIAN PRESS/ THE 163 BEST PALEO SLOW COOKER RECIPES BY JUDITH FINLAYSON (ROBERT ROSE INC., 2013).**

Button up: Riders' coach calls for calm

CFL. Chamblin marvels at how optimism from hot start has disappeared with string of bad outings

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca



Quarterback Darian Durant said Wednesday at Mosaic Stadium that he accepts responsibility for the Roughriders' current offensive struggles. MARCO VIGLIOTTI/METRO

It will be a battle of two struggling teams Sunday afternoon at Percival Molson Stadium, when the Saskatchewan Roughriders face the injury-riddled Montreal Alouettes.

After a red-hot 8-1 start, a Banjo Bowl loss against the Winnipeg Blue Bombers has sent the Riders into a mini-spiral, dropping two consecutive games at home, including a heartbreaking last-minute defeat against the BC Lions last Sunday.

But head coach Corey Chamblin cautioned Wednesday against any urge to push the proverbial panic button — particularly the media.

"They pushed the Grey Cup button after (the) first six (games)," Chamblin joked, referring to a glowing response to the Riders' 6-0 start to the season. "How about they stay away from buttons?"

Quarterback Darian Durant will be looked upon to regain form after a tremendous start to the season.

He went eight straight games without an interception to start 2013, but over the last three games has thrown four picks, as well as fumbling the ball four times.

Some commentators have criticized the Riders' offensive line for failing to protect their quarterback, but Durant said Wednesday that the responsibility falls squarely on his own shoulders.

"That's on me," he said about the team's recent offensive struggles. "We are not producing enough points to win games."

The Alouettes offence has also been struggling.

After losing their future Hall of Fame quarterback Anthony Calvillo to injury earlier in the season, the team has had a tough time finding its rhythm under replacement Josh Neiswander.

In their only previous meeting this season, the Riders edged out the Alouettes 24-21 in front of a sold-out crowd at Mosaic Stadium on Aug. 17.

Week 14 pick

Riders (8-4) at Alouettes (4-8), Sunday, 11 a.m. (TSN)
Montreal has struggled mightily without concussed QB Anthony Calvillo, but there were signs of hope from Josh Neiswander last week in a 28-26 loss to Hamilton in Moncton.

Neiswander went 26-for-36 for 294 yards and two TDs. Most importantly he didn't throw a pick.

For the Riders, Darian Durant has passed for more than 300 yards in each of the last two games, but the defence didn't keep pace. The Riders have traditionally had trouble winning in Montreal and are 3-7 there over the last five years.

Pick: Montreal.

THE CANADIAN PRESS

Tennis

Bouchard's game translates well to Tokyo

Montreal's Eugenie Bouchard will try to continue her string of big wins at the Pan Pacific Open when she faces American star Venus Williams in the quarter-finals.

Bouchard upset sixth-seeded Jelena Jankovic of Serbia 7-5, 6-2 on Wednesday, a day after ousting No. 8 Sloane Stephens of the U.S. THE ASSOCIATED PRESS

Montreal's Eugenie Bouchard GETTY IMAGES

Basketball

Canada tops Cuba to stay undefeated

Forward Tamara Tatham had a game-high 17 points and nine rebounds, and Canada's women's basketball team defeated Cuba 53-40 on Wednesday to finish the group stage undefeated at the FIBA Americas Championship for Women.

Guard Kia Nurse added 13 points, four rebounds and three assists as Canada finished with a record of 4-0, good for first in Group A. Canada will play the second-place team from Group B in Friday's semi-finals. THE CANADIAN PRESS

NHL. Kessel says he's in control after slashing

Phil Kessel laughed off the notion that a couple of pre-season slashing incidents mean he needs to control his emotions better.

Last week he took swings at Flyers defenceman Luke Schenn's shins because he didn't like his former Maple Leafs teammate jabbing at him. Then there was Sunday night's brawl, when he slashed Sabres tough guy John Scott multiple times, earning a suspension for Toronto's final three pre-season games.

Kessel said he considers those situations more of an anomaly than the start of a troubling trend.

"I think I average like under 20 penalty minutes a year or something like that or around there, so it's not like I take a lot of penalties," he said. "I don't think it's going to be a problem." THE CANADIAN PRESS

What would you do?

"Put 'em in that situation and see what they do."

Phil Kessel to critics of his stickwork on John Scott. The Sabres enforcer stands 6-8 and weighs in at 270 pounds.

MLB

Cardinals charge closer to NL Central title

The St. Louis Cardinals threw five rookies at the Washington Nationals and clinched a tie for their first NL Central title since 2009.

Shelby Miller earned his 15th win with relief help from Seth Maness, Kevin Siegrist, Carlos Martinez and Trevor Rosenthal in a 4-1 victory that spoiled Jordan Zimmermann's bid for his 20th win and wrapped up a three-game sweep on Wednesday.

THE ASSOCIATED PRESS

NFL. Ex-Charger commits suicide in Atlanta, cops say

Former San Diego Chargers and University of Georgia defensive back Paul Oliver committed suicide at his Atlanta-area home, a medical examiner said Wednesday.

The 29-year-old Oliver was found dead Tuesday night in Marietta, about 20 miles northwest of Atlanta, Cobb County Medical Examiner's investigator Tim Weaver said.

Oliver died of a self-inflicted gunshot wound, Cobb County police Sgt. Dana Pierce said.

THE ASSOCIATED PRESS

Paul Oliver with the Chargers in September 2009. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Mars in Leo does wonders for your confidence but don't let that blind you to the realities of your money situation. Saturn in Scorpio warns it could cost you big time if you take a risk that is best avoided.

♉ Taurus
April 21 - May 21
Disputes are inevitable but none of them are of any real importance, so don't get drawn into slanging matches with people whose main motivation seems to be envy.

♊ Gemini
May 22 - June 21
Check the facts several times today. Neptune, planet of illusion, is strong at the moment, so your mind could easily play tricks on you.

♋ Cancer
June 22 - July 23
Good news will come out of nowhere today, easing your fears and making you realize how fortunate you really are. Also, a friend or colleague will offer you the kind of advice that money cannot buy. Take it.

♌ Leo
July 24 - Aug. 23
You may have to force yourself to be enthusiastic about what you have to do today but once you get going it won't be the chore you feared it would be. It could even surprise you and make you some extra money.

♍ Virgo
Aug. 24 - Sept. 23
A few days from now, you will get the chance to do something a bit out of the ordinary. In the meantime, treat yourself kindly and don't get involved with people who only ever waste your time.

♎ Libra
Sept. 24 - Oct. 23
If you are happy with the way your life is going, that's great. If not, start making changes. The Sun in your sign means it's time to get your act in gear and get cracking on a scheme that is important to you.

♏ Scorpio
Oct. 24 - Nov. 22
With the Sun linked to nebulous Neptune today, it's unlikely you will be thinking straight. Be wary of making plans you cannot easily get out of. Be wary of your feelings too. Can you trust them?

♐ Sagittarius
Nov. 23 - Dec. 21
Your confidence may be at an all-time high and all things may seem possible but don't be deceived: There is still a lot of hard work to be done before you come close to reaching your number one goal.

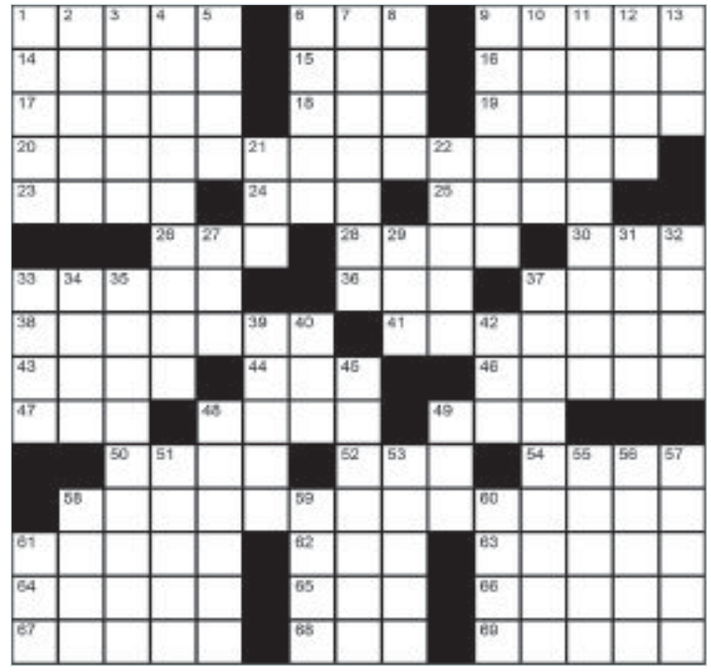
♑ Capricorn
Dec. 22 - Jan. 20
Life moves in cycles and the cycle you are on now mostly deals with your career and position in the wider world. Having said that, you can still find time for love — if you try.

♒ Aquarius
Jan. 21 - Feb. 19
It's good that you are the forgiving sort but don't go too far and forgive people for crimes they should be punished for or you will get a reputation as a pushover.

♓ Pisces
Feb. 20 - March 20
There's no point being uptight about situations that are beyond your control. That is the message of your solar chart today, so avoid confrontations you cannot win. **SALLY BROMPTON**

Crossword: Canada Across and Down

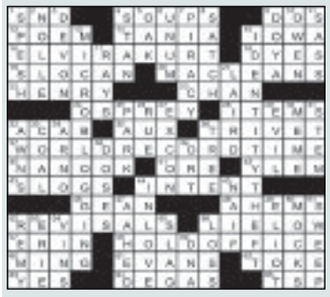
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Wild guesses
6. Work with a wok
9. Canadian author Farley
14. George Clooney job on TV, _ _ __
15. Deer sort
16. "_ __ you to..."
17. "That doesn't __ _ thing!"
18. Hawaii's __ Beach
19. __ __ example
20. Canada's is the Metric, the USA's is the what?: 2 wds.
23. Cobblestone
24. Alias acronym
25. Roman love god
26. 'Ball' suffix
28. Famous river
30. Discontinuity
33. Composer Mr. Copland
36. Polka's partner
37. Low-lying area
38. Comedian Ms. Handler
41. Ottawa, for one
43. Common sitcom roles
44. Glaswegian's 'No'
46. 99, for one, on "Get Smart"
47. TV station
48. Swindle
49. Canada's financial TV channel
50. Wharf
52. Edible green thing
54. Icelandic epic
58. Temporary __ __ (Latest trend in manicures)
61. Mr. Lauzon of Royal Canadian Air Farce
62. British singer Rita
63. Totally consumed: 2 wds.
64. Gambling destination, Monte __
65. Giggling, texting-style
66. Curt
67. Kelly Clarkson's "Since _ __ Gone"
68. Sacred chest
69. Industrial city in Germany

Down
1. 18-wheelers
2. New Orleans-set HBO series
3. Adjust
4. Pre-history working implements: 2 wds.
5. Boo-boo
6. 1978 disco hit: "Le __"
7. "The X Factor" judge Kelly
8. Fancy 'fors'
9. "Did you __ __?" (Returnee's query)
10. John Keats poem, __ __ a Nightingale
11. Political headline-grabber in the 1970s
12. Ancient Syria's biblical name
13. Midmorning time
21. Sir McKellen
22. Conference of 1945 of the Big Three
27. Slip-__ (Some shoes)
29. Winter/Summer games org.
31. Actor Mr. Arkin
32. Throw a snowball
33. Australian band
34. Captain in "Moby Dick" (1956)
35. Moscow tourist attraction: 2 wds.
37. National Film Board short films shown during TV commercials time, Canada __
39. Britannica, e.g.
40. US motorists org.
42. Cook's need
45. "The Last __" (1987)
48. Musical, Miss __
49. Sheep's sound
51. Handy
53. Canadian showbiz news show
55. Getting-things-done people
56. Put out, as flames
57. __, Colorado
58. Grouch
59. Ms. Falana
60. __ Modern (Art gallery in London, England)
61. Hosp. ward for heart patients

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8		5		6		7	
		7				3		
	5		8		1		9	
	3	5				7	8	
8								6
	4	2				5	1	
	7		6		9		4	
		8				9		
	1		2		7		3	

Yesterday's Sudoku

7	8	9	1	3	6	2	4	5
4	6	2	5	7	9	3	1	8
5	3	1	2	8	4	6	9	7
3	2	6	8	4	7	9	5	1
8	4	5	9	1	2	7	6	3
1	9	7	6	5	3	8	2	4
2	7	3	4	6	5	1	8	9
9	1	4	3	2	8	5	7	6
6	5	8	7	9	1	4	3	2

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